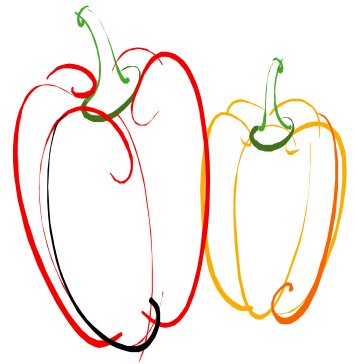


Eat a Rainbow of Color with Fruits and Vegetables

Fruits and vegetables give us important vitamins, minerals, and fiber. We should eat at least **5 servings of fruits** and vegetables each day! Choosing different colors helps provide the right amount of fruits and vegetables for good health.



1. List your three favorite fruits and your three favorite vegetables below.

My three favorite fruits are:

1. _____
2. _____
3. _____

My three favorite vegetables are:

1. _____
2. _____
3. _____

2. Now see if you can find your favorite fruits and vegetables in the lists below. When you find them, circle them!

<u>Green</u>	<u>White</u>	<u>Red</u>	<u>Blue/Purple</u>	<u>Yellow/Orange</u>
Apples Asparagus Broccoli Brussels Celery Cabbage Cucumbers Grapes Green beans Honeydew Kiwi Lettuce Peas Peppers Spinach Zucchini	Bananas Cauliflower Garlic Mushrooms Onions Potatoes	Apples Beets Cherries Cranberries Grapes Papaya Peppers Pink Grapefruit Pomegranate Radishes Raspberries Red potatoes Strawberries Tomato Watermelon	Blackberries Blueberries Dried plums Eggplant Grapes Plums Prunes Purple cabbage Raisins	Apricots Butternut squash Cantaloupe Carrots Grapefruit Lemon Mangoes Oranges Peaches Peppers Pineapple Pumpkin Squash Sweet corn Sweet potatoes Yellow figs

3. Are you surprised to see how many different colors of fruits and vegetables you like to eat? Which color do you like best: **Green**, **White**, **Red**, **Yellow/Orange**, or **Blue/Purple**?



CHAMPION

Commonwealth's Healthy Approach and Mobilization Plan for Obesity, Diabetes, and Heart Disease

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